

Adult / Private Swim Lessons

Adult Lessons



Beginner: Water adjustment skills, front/back floats, glides, rhythmic breathing, emphasis on crawl stroke and beginning backstroke.

Intermediate/Advanced: Refine freestyle, backstroke, breaststroke, butter fly, turns and lap swim/race tips.

Class Fees:

Members: \$23.00

Non Members: \$28.00

3 / 40 minute lessons

Session	Dates	Registration	Days	Times
Winter 2	Feb 1 - 15	Jan 1	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am
Winter 3	Feb 22 - Mar 7	Feb 1	Saturdays	Beginner: 9:15-9:55 am Inter./Adv.: 10:00-10:40 am

Private Lessons



The Fitness Center does not schedule private lessons. If you are interested in private lessons, you must make arrangements with the individual instructor or contact (801) 955-4015

Private Lesson : (one person)

\$15/30 minutes

Semi-private Lesson: (up to 3 people)

\$20/30 minutes



Family Fitness Center

5415 West 3100 South | 801-955-4000

www.wvcfitness.com



Parent / Tot

Parent/Infant Classes

Class Fees:

Members: \$15.00
Non-Members: \$20.00
3 x30 minute classes



<i>Session</i>	<i>Dates</i>	<i>Day</i>	<i>Time</i>
Winter 2	Jan 28 - Feb 11	Tues	11:40 am To 12:10 pm
Winter 2	Feb 1 - Feb 15	Sat.	10:45 am to 11:15 am
Winter 3	Feb 18 - Mar 3	Tues	11:40 am To 12:10 pm
Winter 3	Feb 22 - Mar 7	Sat.	10:45 am to 11:15 am

Ages 6 months - 3 years with one or both parents in the water.

Class objective:

Introduction to swimming skills and fun through direct parental interaction.

For any Questions
Regarding Swimming Lessons
or other Aquatic Classes

Please Contact:

Clint Burnham (801)955-4015
Clint.Burnham@wvc-ut.gov



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